

2019 MPD ADVANCED OFFICER TRAINING SPEAR (4 HRS)



COURSE TITLE: SPEAR (Spontaneous Protection Enabling Accelerated Response)

COURSE HOURS: 4 hours

DATE DEVELOPED: March 1, 2019

DEVELOPED BY: ACT Team

INSTRUCTORS: 200, 280, 283, 286, 291, 311, 314

COURSE OBJECTIVES:

Officers will learn to utilize basic concepts of the SPEAR (Spontaneous Protection Enabling Accelerated Response) System by Blauer Tactical Systems when confronted with a sudden physical attack/ ambush. Officers will learn to harness the fastest innate human survival system response (startle flinch) and will be taught to convert this instinctive response into a focused counter-measure using the strongest human position. Officers will practice verbalizing/communicating, when appropriate, with the suspect and/or other officers while applying these techniques. Course instructors will conduct lectures and demonstrations involved in the subject areas. The officers will have sufficient time to practice all the presented/reviewed techniques under supervision of an instructor. After the review/lesson, students will participate in practical exercise scenarios incorporating/utilizing the techniques taught and reviewed.

EQUIPMENT:

INSTRUCTORS: Safety Mats for floor, First Aid Kit

STUDENTS: Comfortable clothing for physical training

***NO FIREARMS OR AMMO, NO OC ALLOWED IN THE CLASSROOM.

SAFETY PLAN:

All practice will be conducted at light to moderate strength. No horseplay will be tolerated during training session. Students will not attempt or perform any techniques not taught by the instructor staff. Safety equipment will be utilized during the exercises. One ACT instructor will be the designated safety officer during scenario evaluations. Prior to training, students will report any injury to the ACT instructor that would limit their training and immediately report any injury sustained during training. First Aid Kits are located at the lobby front desk. If a student is injured the Watch Commander will be notified and the appropriate treatment and paperwork will be completed. Any student who does not comply with the safety rules will be removed from the class and their supervisor notified.

CURRICULUM

I. INTRODUCTION

- A. Review of safety rules
- B. Review MPM/Lexipol Section 300 – Use of Force
- C. Penal Code Sections 835a
- D. Warm Up/ Dynamic Stretching

II. SUDDEN PHYSICAL ATTACK/ AMBUSH SCENARIO

III. SPEAR POWER POINT LECUTRE

IV. SPEAR DRILLS/ EXERCISES

A. FINGERS SPLAYED (Proof of Principle)

1. REP 1

2. Students face one another.
3. Stand R/R or L/L in neutral stances.
4. GG places thumb closed fist on partners shoulder. THUMB UP.
5. BG places hand above or below elbow.
6. BG apply slow gradual downward pressure to bend arm.
7. BG will try to illicit slight bend in GG's arm.
8. Watch GG's face for signs of discomfort or pain.
9. BG stops drill after arm bends.
10. GG resets to neutral position.

11. REP 2

12. Drill set up remains the same.
13. GG re-sets arm but Splay Fingers. THUMB UP.
14. BG sets arm in same position.
15. BG apply slow gradual downward pressure to bend arm.
16. GG will try to keep arm locked and straight.

17. REP 3

18. Drill set up remains the same.
19. GG re-sets arm but Splay Fingers. THUMB UP.
20. BG sets arm in same position.
21. BG apply slow gradual downward pressure to bend arm.
22. GG will try to keep arm locked and straight.
23. On command GG will engage Flexor chain.
24. GG will slowly close fist and tuck chin to look at the floor.

B. OUTSIDE 90 (Proof of Principle)

1. REP 1

2. Students face one another.
3. Stand squared off in non-athletic stances.
4. GG places 90 Degree arm across BG's chest.
5. BG places hands around GG shoulders.
6. Both students turn heads off line for safety. BG should turn head towards the GG's elbow.
7. GG will signal when ready.
8. BG will apply slow gradual pressure to try and collapse the arm.

9. REP 2

10. Students face one another.

11. Stand squared off in non-athletic stances.
12. GG rotates arm to keep contact with BG's sternum, Pec, and clavicle.
13. Ensure this has established an Outside 90-degree arm position.
14. GG will now splay fingers.
15. BG places hands around GG shoulders.
16. Both students turn head off line for safety. BG should turn head towards the GG's elbow.
17. BG will apply slow gradual pressure to try and collapse the arm.

C. SAVING PRIVATE RYAN (Proof of Principle)

1. REP 1 (Inside 90)

2. GG lays on back on the ground.
3. BG takes a full mount and sits on GG's hips.
4. BG launches an overhead, two-handed downward knife attack.
5. GG catches hand at wrists inside 90 and works to resist.
6. BG increases downward pressure/weight until failure.
7. BG and GG reset.

8. REP 2 (Outside 90)

9. BG still in mount, launches an overhead, two-handed downward knife attack.
10. GG catches hand at wrists inside 90 and drives to Outside 90 position.
11. BG increases downward pressure/ weight
12. BG and GG reset.

13. REP 3 (Testing the Elasticity Principle)

14. BG still in mount, launches an overhead, two-handed downward knife attack.
15. GG catches hand at wrists inside 90 and drives to full extension (arms locked)
16. BG increases downward pressure/ weight.
17. GG resists.
18. BG rips knife (or simulated knife) away from GG's grip.
19. GG tries to hold on.

20. REP 4 (The Grip from Hell)

21. BG still in mount launches an overhead, two-handed downward knife attack.
22. GG catches hand at wrists inside 90 and drives Outside 90.
23. BG increases downward pressure/ weight
24. GG resists.
25. BG Rips knife (or simulated knife) away from GG's grip.
26. GG holds on.

D. SPEAR STANCE

1. REP 1

2. Begin the drill in neutral non-athletic stances.
3. Remind students to keep their torso facing forward through entire drill.

4. REP 2

5. Build stance with lead hand.
6. Students establish lead hand by visualizing bad guy's eye line and extending arm.
7. Arm should be extended but not locked. Fingers splayed.
8. Keep wrists naturally aligned as if pointing or reaching.

9. REP 3

10. Have students bring up rear hand.
11. This will serve to protect the face and throat from threat.
12. Rear arm should be engaged and have some tension in it.
13. Remind students to treat rear arm like a loaded crossbow.

14. REP 4

15. Have athletes drop into an athletic stance.
16. Tie this position to a sprinter starting a race, or a football lineman.
17. For competitive lifters you can tie this to their Split Jerk stance.
18. Cue the students to keep their rear heel elevated as if ready to explode forward.
- 19. REP 5**
20. Build stance in 2 parts now.
21. Start with top half, initiating both hand and arms together.
22. Cue students to start with hands close to their face and telescope into position.
- 23. REP 6**
24. With fingers splayed, and arms extended then have students slowly drop forward into their stances.
25. Cue students to maintain tension in their lower half, ready to move through their target.
26. Keep feet separated for balance but not over extended.
- 27. REP 7**
28. Allow students to hit positions with more natural fluidity.
29. Emphasize importance of hands moving before feet.
30. Keep speed consistent with their form and ability to maintain key points of execution.
- 31. REP 8**
32. Add in speed during final reps.
33. Watch out for students moving feet before hands as speed increases.
34. Test students balance and tension in their stance and only reset the drill on your command.

E. ENCROACHMENT DRILL

- 1. REP 1**
2. GG stands facing the BG, four to six steps away.
3. BG exhibits good bad guy energy; fist clench etc. and slowly starts to encroach on the GG.
4. GG on the first Rep the GG does nothing and the BG encroaches until they are nose-to-nose.
5. Switch roles and repeat.
- 6. REP 2**
7. GG stands facing the BG, four to six steps away.
8. BG exhibits good bad guy energy, fist clench etc., and slowly starts to encroach on the GG.
9. When BG is within range, GG hits a well-timed SPEAR STANCE, taking the BG off-balance.
10. BG flinches and moves away from the lead hand.
11. Switch roles and repeat.
12. POINTS of SAFETY: GG's hand needs to go to the hairline, not eye line for safety in this drill.
13. Common Flaws: SPEAR STANCE deployed too early, too late, poor SPEAR STANCE mechanics, Feet move first (hands should move first), not matching speeds, and starting too fast.

F. SPEAR FLOW

- 1. REP 1 (SPEAR STANCE vs. BEAR HUG)**
2. Set up the drill identical to the Outside 90 drill
3. For all drills, students will follow this 3-step process to establish a point of reference and align their weapon on BG.
4. Start with 90-degree clenched fist.
5. Rotate to Outside 90 position.
6. Splay Fingers.
7. GG looks through played fingers
8. BG keeps head off line.
9. BG begins with same intent of collapsing arm into a bear hug.
10. BG will turn head offline once again toward GG elbow.
11. GG will maintain eye line through splayed fingers.

12. BG will initiate slow gradual pressure
13. BG maintains head off line for safety.
14. GG will recruit full body behind Spear Stance to offset increased pressure from BG.
15. GG drives half spear forward, engages core, drops into stance.
16. BG must maintain aggression/ attack and controlled intensity through the drill.
17. GG continues to track BG eye line.
- 18. REP 2 (SPEAR STANCE vs. BEAR HUG & HEAD LOCK)**
19. Rep 2 will test strength of Spear Stance against next attack.
20. Begin with same bear hug attack vs. Spear stance.
21. BG will now transition from BEAR HUG to HEAD LOCK.
22. Cue BG to continue HEADLOCK in direction they are facing.
23. BG will test HEADLOCK and then disengage.
24. GG will maintain SPEAR STANCE.
25. Continue tracking BG's eye line after separating.
26. Cue students to maintain vigilance until instructor signals drill is done.
- 27. REP 3 (SPEAR STANCE vs. BEAR HUG, HEAD LOCK, & WAIST TACKLE)**
28. BG will now add a waist high TACKLE to the sequence.
29. Drill will set up the same way as Reps 1 + 2
30. BG initiates with slow, gradual pressure through BEAR HUG.
31. GG resists initially then drops into SPEAR STANCE.
32. BG guy drops axis and level to attack with waist high TACKLE.
33. GG maintains Spear Stance to counter act BG's attempt
34. BG must maintain energy and attack intensity.
35. BG disengages.
36. GG maintains SPEAR STANCE and track eye line.
37. Cue students to maintain vigilance until instructor signals drill is done.
- 38. REP 4**
39. Students now progress through drill with controlled fluidity.
40. Intensity of the attacks should not suffer even when down slowly.
41. BG moves from BEAR HUG to HEAD LOCK to WAIST TACKLE before disengaging.
42. GG experiences the efficacy of SPEAR STANCE against each attack.

G. 3-STEP BEAR HUG (STANDING)

- 1. REP 1**
2. Follow the same set up protocols introduced in the essential's series.
3. GG will orient a half-SPEAR across the BG's sternum, Pec, and clavicle.
4. BG will turn head off line.
5. GG splay fingers and secure Outside 90 forearm.
6. GG will then drop into the SPEAR STANCE.
7. GG will trace two steps back away from BG to begin the drill.
8. GG will approach in their SPEAR STANCE
9. BG will keep head off line.
10. GG will move in to make contact with BG, repositioning half-SPEAR on original target.
11. BG will await contact to launch attack.
12. BG will attack with a SLOW & CHOPPY BEAR HUG.
13. BG will drive their GG back three steps and freeze under tension.
14. BG should have GG in an off balance/ compromised position.
15. BG maintain attack intensity.
16. GG will work from off balance to an on-balance position.
17. GG release cross extensor reflex by splaying fingers and opening hand.
18. GG drive forearm to Outside 90 position.

19. GG recruit core muscle to drive into BG with strong SPEAR STANCE.
20. BG maintain attack intensity while under tension.
21. BG chooses to disengage.
22. Continue tracking BG's eye line after separating.
23. Cue students to maintain vigilance until instructor signals drill is done.

H. 3-STEP TACKLE (SEATED)

1. **REP 1**

2. Follow the same set up protocols introduced in the essential's series.
3. GG will orient a half-SPEAR across the BG's sternum, pec, and clavicle.
4. BG will turn head off line
5. GG splay fingers and secure outside 90 forearm.
6. GG will then drop into their SPEAR STANCE.
7. GG will trace two steps back away from BG to begin the drill.
8. GG will approach in their SPEAR Stance.
9. BG will keep head off line.
10. GG will move in to make contact with BG, repositioning half-SPEAR on original target.
11. BG will await contact to launch attack.
12. BG will attack with a SLOW & CHOPPY BEAR HUG.
13. BG will drive their GG back three steps and freeze under tension.
14. BG should have GG in an off balance/ compromised position.
15. BG maintain attack intensity.
16. GG will work from off balance to an on-balance position.
17. GG release cross extensor reflex by splaying fingers and opening hand.
18. GG drive forearm to Outside 90 position.
19. GG recruit core muscle to drive into BG with strong SPEAR STANCE.
20. BG maintain attack intensity while under tension.
21. BG chooses to disengage.
22. Continue tracking BG's eye line after separating.
23. Cue students to maintain vigilance until instructor signals drill is done.

I. DUCK UNDER LINEAR

1. **REP 1**

2. Follow the same set up approach introduced in the essential's series.
3. GG will orient HALF-SPEAR across the BG sternum, pec, and clavicle.
4. BG will turn head off line.
5. GG splay fingers and secure Outside 90 forearm.
6. GG will then drop into their SPEAR STANCE.
7. GG will trace two steps back away from BG to begin the drill.
8. GG will approach in their SPEAR STANCE.
9. BG will keep head off line.
10. GG will move in to make contact with BG, repositioning HALF-SPEAR on original target.
11. BG will await contact to launch attack.
12. BG will attack with a FLUID LINEAR BEAR HUG designed to drive GG straight backwards.
13. BG will drive GG back until GG has reached a point of domination and stopped BG's momentum.
14. BG should try to put GG in an off balance/ compromised position.
15. BG maintains attack intensity.
16. GG will work from off balance to an on-balance position.

17. GG recruit core muscles to drive into BG with strong SPEAR STANCE.
18. BG maintain attack intensity while under tension.
19. BG chooses to disengage.
20. Continue tracking BG's eye line after separating.
21. Cue students to maintain vigilance until instructor signals drill is done.
- 22. REP 2+**
23. Add intensity and speed gradually with each repetition.
24. BG control the drill and must maintain attack integrity with each rep.
25. Cue GG to continue working through full range of motion when converting from Primal through to Tactical SPEAR.

J. DUCK UNDER LATERAL

1. SET UP

2. This drill will introduce a new line of attack and intent of the BG.
3. The BG's attack will be an attempt to circle the GG and take his back with a BEAR HUG/ LOCK.
4. The first Rep should be the BG tracking where they will end up if the GG were to do nothing.
5. This ensures safety for both participants as they record the line of attack and allows introduction of safety points.
6. GG will then drop into their SPEAR STANCE.
7. Stress inoculate this attack for the first Rep before commencing live drill.

8. REP 1

9. Follow the same set up approach introduced in the essential's series.
10. GG will orient HALF-SPEAR across the BG sternum, pec, and clavicle.
11. BG will turn head off line.
12. GG splay fingers and secure Outside 90 forearm.
13. GG will then drop into their SPEAR STANCE.
14. GG will trace two steps back away from BG to begin the drill.
15. GG will approach in their SPEAR STANCE.
16. BG will keep head off line.
17. GG will move in to make contact with BG, repositioning HALF-SPEAR on original target.
18. BG will await contact to launch attack.
19. BG launches attack driving in a circular motion to take the BG's back.
20. BG will continue to take initial side of attack until GG has hit SPEAR STANCE and point of domination.
21. GG will let BG cross over.
22. BG will tuck head and chin for safety.
23. GG must not lead the BG and treat each attempt as a surprise.
24. BG will make 3 total attempts to take GG's back before disengaging.
25. GG work through full range of motion and fight from a compromised position to recover the point of domination.
26. BG must maintain attack intensity and tension even during transitions.
27. BG must keep head off line with every drill.
28. GG will keep tracking BG's eye line when BG finishes 3 attempts and disengages.
29. REP 1 should be done fluidly but slow and methodical until participants are ready to add speed.
30. BG must maintain attack intensity and tension even during slower iterations.
- 31. REP 2+**
32. Add intensity and speed gradually with each repetition.

33. BG control the drill and must maintain attack integrity with each Rep.
34. Cue GG to continue working through full range of motion when converting Primal through to Tactical SPEAR.
35. Watch for good mechanics.
36. Slow Reps as necessary.

K. HYPERFLEXION MALFUNCTION

1. REP 1

2. Follow the same set up approach introduced in the essential's series.
3. GG will orient HALF-SPEAR across the BG sternum, pec, and clavicle.
4. BG will turn head off line.
5. GG splay fingers and secure Outside 90 forearm.
6. GG will then drop into their SPEAR STANCE.
7. GG will trace two steps back away from BG to begin the drill.
8. GG will approach in their SPEAR STANCE.
9. BG will keep head off line.
10. GG will move in to make contact with BG, repositioning HALF-SPEAR on original target.
11. BG will await contact to launch attack.
12. BG will attack with a SLOW & CHOPPY BEAR HUG.
13. BG will drive their GG back three steps and freeze under tension.
14. BG should have GG in an off balance/ compromised position.
15. GG has armed compressed through the attack.
16. BG maintain attack intensity.
17. GG attempts to drive Outside 90.
18. BG maintains maximum tension through BEAR HUG.
19. GG simulate being unable to move forearm FULLY to Outside 90 position.
20. GG recruits opposite hand to drive behind the base of lead thumb.
21. Rear hand comes in to support lead.
22. Drive through base of the thumb.
23. Sharp motion upwards and through the BG.

L. CLINCH MALFUNCTION

1. REP 1

2. Follow the same set up approach introduced in the essential's series.
3. GG will orient HALF-SPEAR across the BG sternum, pec, and clavicle.
4. BG will turn head off line.
5. GG splay fingers and secure Outside 90 forearm.
6. GG will then drop into their SPEAR STANCE.
7. GG will trace two steps back away from BG to begin the drill.
8. GG will approach in their SPEAR STANCE.
9. BG will keep head off line.
10. GG will move in to make contact with BG, repositioning HALF-SPEAR on original target.
11. BG will await contact to launch attack.
12. BG will attack with a SLOW & CHOPPY BEAR HUG.
13. BG will drive their GG back three steps and freeze under tension.
14. BG should have GG in an off balance/ compromised position.
15. GG has arm compressed through the attack.
16. BG maintain attack intensity.
17. GG attempts to drive Outside 90.

18. BG maintains maximum tension through BEAR HUG.
19. GG simulate being unable to move forearm to FULLY Outside 90 position.
20. GG is able to get arm half way to Outside 90 position.
21. GG frees opposite hand and positions to strike through lead arm HALF-SPEAR.
22. Focus impact behind Ulna bone and drive force through Brachial Plexus of BG.
23. Maintain HALF-Spear tension and structure through strike to drive maximum force.

M. HALF-SPEAR DRY FIRE

1. SET UP

2. This drill is intended to isolate the use of the HALF-SPEAR as an impact weapon/ tool.
3. GG will remain stationary.
4. BG will act as impact targets for the GG.
5. Be sure to clear drill areas and prep participants to be moved during the drill.
6. *Dry Fire drills will focus power through a target spot on the GG's lead arm (Ulna Bone)*

7. REP 1 (Fire From shoulder)

8. Follow the same set up approach introduced in the essential's series.
9. GG will orient HALF-SPEAR across the BG sternum, pec, and clavicle.
10. BG will turn head off line.
11. GG splay fingers and secure Outside 90 forearm.
12. GG will then drop into their SPEAR STANCE.
13. BG signals ready.
14. GG explodes through ulna bone into BG's sternum.
15. GG in first Rep will only fire from the shoulder.
16. Cue GG to maintain HALF-SPEAR tension and structure while firing.

17. REP 2 (Fire From Core/ Torso)

18. BG signals ready.
19. GG explodes through ulna bone into BG's sternum.
20. GG will now recruit torso and core while firing.
21. Cue GG to now fire and explode from the waist up.
22. Cue GG to maintain HALF-SPEAR tension and structure while firing.

23. REP 3 (Fire From Feet/ Legs)

24. BG signals ready.
25. GG explodes through ulna bone into BG's sternum.
26. GG will now recruit full body from feet through knees to torso and shoulder.
27. Cue GG to now fire and explode from the ground up.
28. Cue GG to maintain HALF-SPEAR tension and structure while firing.
29. Track BG's eye line for every drill.

L. HALF-SPEAR 2 INCH DRY FIRE

1. REP 1

2. Follow the same set up approach introduced in the essential's series.
3. GG will orient HALF-SPEAR across the BG sternum, pec, and clavicle.
4. BG will turn head off line.
5. GG splay fingers and secure Outside 90 forearm.
6. GG will then drop into their SPEAR STANCE.
7. Drill will replicate the HALF-SPEAR DRY FIRE, but GG will pull HALF-SPEAR 2" away from target.
8. BG signals ready.
9. GG explodes through ulna bone into BG's sternum.
10. Cue GG to maintain HALF-SPEAR tension and structure while firing.
11. Track BG's eye line for every drill.

M. HALF-SPEAR MOVING DRY FIRE

1. REP 1

2. Follow the same set up approach introduced in the essential's series.
3. GG will orient HALF-SPEAR across the BG sternum, pec, and clavicle.
4. BG will turn head off line.
5. GG splay fingers and secure Outside 90 forearm.
6. GG will then drop into their SPEAR STANCE.
7. GG will trace a single step back away from BG to begin the drill.
8. GG will approach in their SPEAR STANCE.
9. BG will kneel head off line.
10. GG will move in to dry fire with HALF-SPEAR on original target.
11. Drill will build on the HALF-SPEAR DRY FIRE, but GG will pull HALF-SPEAR a full step backwards.
12. BG signals ready.
13. GG steps forward and drives to explode through ulna bone into BG's sternum.
14. Cue GG to maintain HALF-SPEAR tension and structure while firing.
15. Maintain SPEAR STANCE
16. Step forward and drop momentum behind HALF-SPEAR.
17. Track BG's eye-line for every drill.

N. HALF-SPEAR ALTERNATING ARMS & LEGS

1. REP 1

2. Follow the same set up protocols introduced in the essential's series.
3. GG will orient a HALF-SPEAR across the BG's sternum, Pec, and clavicle.
4. BG will turn head off line.
5. GG splay fingers and secure Outside 90 forearm.
6. GG will then drop into the SPEAR STANCE.
7. GG will trace 3 steps back away from BG to begin the drill.
8. GG will approach in their SPEAR STANCE.
9. BG will keep head off line.
10. GG will move in to DRY FIRE with HALF-SPEAR on original target.
11. Cue GG to move forward fluidly and drive impact without over reaching.
12. GG will deliver an explosive Tactical SPEAR.
13. GG will take a normal walking step, transitioning lead hand (left over right) and delivers a Tactical SPEAR.
14. GG returns to good SPEAR STANCE, hand in BG's eye line after each Tactical SPEAR.
15. HALF-SPEAR maintains angle and rigidity on impact.
16. Drill is designed to align opposite arms and legs.
17. Impact demonstrates the ambidexterity of the SPEAR.

O. NON-VIOLENT POSTURES (NVP)

1. Hands on hips
2. Arms Crossed
3. Thinker
4. Negotiation
5. FI

P. NVP DRY FIRE 1

1. REP 1

2. Follow the same set up protocols introduced in the essential's series.

3. GG will orient a HALF-SPEAR across the BG's sternum, Pec, and clavicle.
4. BG will turn head off line.
5. GG splay fingers and secure Outside 90 forearm.
6. GG will then drop into the SPEAR STANCE.
7. BG will call out one of the NVP's.
8. GG will step out of SPEAR STANCE and back into the chosen NVP.
9. From there GG will step in and dry fire on target.
10. Emphasize non-telegraphic movement from NVP to SPEAR STANCE.
- 11. REP 2+**
12. With each Rep BG calls a new NVP.
13. GG continues to train transitioning from NVP to SPEAR STANCE.

Q. NVP DRY FIRE 2

- 1. REP 1**
2. Follow the same set up protocols introduced in the essential's series.
3. GG will orient a HALF-SPEAR across the BG's sternum, Pec, and clavicle.
4. BG will turn head off line.
5. GG splay fingers and secure Outside 90 forearm.
6. GG will then drop into the SPEAR STANCE.
7. BG will choose in advance the NVP for the Rep.
8. GG will step out of SPEAR STANCE and back into flowing through all 4 NVP's.
9. Cue GG to flow through each NVP naturally and congruent with de-escalation.
10. When BG calls NOW, GG steps through the SPEAR STANCE and fires HALF-SPEAR.

R. NVP DRY FIRE 3

- 1. REP 1**
2. Follow the same set up protocols introduced in the essential's series.
3. GG will orient a HALF-SPEAR across the BG's sternum, Pec, and clavicle.
4. BG will turn head off line.
5. GG splay fingers and secure Outside 90 forearm.
6. GG will then drop into the SPEAR STANCE.
7. BG will choose in advance the NVP for the Rep.
8. GG will step out of SPEAR STANCE and back into flowing through all 4 NVP's.
9. Cue GG to flow through each NVP naturally and congruent with de-escalation.
10. BG demonstrates Pre-Contact Cues to launch an attack (HEADLOCK or BEAR HUG).
11. GG fires from NVP when Pre-Contact cues are picked up.

S. MIRROR DRILL

- 1. SET UP**
2. The Mirror Drill will introduce a new starting position for the participants.
3. BG will start squared off with hands up in a neutral stance.
4. BG awaits contact from GG as a signal that the drill is live, and GG is ready.
5. Emphasize that both participants are in non-athletic stances in close proximity.
6. GG will bring hands up to make contact with BG palms.
7. This signals readiness to the BG and the drill is now live.
8. Neither participant should be leaning on their partner.
9. Drill sets proximity for working within the reactionary gap.
- 10. REP 1**
11. Rep 1 will establish the PIA and line of attack for the participants.
12. BG will fire HAYMAKER/ HEADLOCK targeting a micro dot behind the GG's ear.

13. GG will let the attack happen to learn the penalty of inaction and know where attack will take them if they do nothing.
14. Initial reps should be done slowly and safely.
- 15. REP 2**
16. Rep 2 will now be at an aggressive speed but controlled by BG for safety.
17. BG will fire the exact same HAYMAKER attempting to take GG to same place.
18. GG will now simulate the attack being a surprise ambush and let the body take over with PRIMAL flinch.
19. Remind GG to not guess timing or attack trajectory.
20. GG should use whatever pre-contact cues BG show and instinctively protect.
21. Demonstrate examples of PRIMAL flinches for both participants.
22. Continue to track BG.
- 23. REP 3**
24. Rep 3 will now be at same aggressive speed but controlled by BG for safety.
25. BG will fire the exact same HAYMAKER attempting to take GG to same place.
26. GG will now simulate the attack being a surprise ambush and let the body take over with a PROTECTIVE flinch.
27. Remind GG to not guess timing or attack trajectory.
28. GG should use whatever pre-contact cues BG show and instinctively protect.
29. Demonstrate examples of PROTECTIVE flinches for both participants.
30. PROTECTIVE flinch characterized by instinctively pushing away danger the moment Pre-Contact cues are picked up.
31. GG will convert Protective response into a SPEAR STANCE to face the BG
32. BG must maintain attack intensity and target through each Rep.
- 33. REP 4**
34. Rep 4 will now be at same aggressive speed but controlled by BG for safety.
35. BG will fire a WAIST HIGH TACKLE attempting to take GG by the hips and legs.
36. GG may now simulate the attack being a surprise ambush and let the body take over with a PROTECTIVE flinch.
37. Remind GG to not guess timing or attack trajectory.
38. GG should use whatever Pre-Contact cues BG show and instinctively protect.
39. Demonstrate example of Protective flinches for both participants.
- 40. REP 5**
41. Drill protocols remain the same.
42. BG will now fire the HAYMAKER and immediately transition into the WAIST HIGH TACKLE.
- 43. REP 6**
44. Drill protocols remain the same.
45. BG will now fire the HAYMAKER or the WAIST HIGH TACKLE
46. Cue BG to decide in advance which attack they will launch for each repetition.
47. As drill intensifies and speed increases stress heads off line for safety and targeting a micro dot behind ear of GG.

V. TESTING/REMEDIATION

Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated and tested until standard is achieved.

- A) SPEAR Stance
- B) SPEAR Flow
- C) SPEAR Malfunction
- D) SPEAR 2-Inch Dry-Fire
- E) Mirror Drill REP 5